

Distance	Stroke	Age Gp	Female - Short Course				Female - Long Course			
			Name	Time	Date	Pool	Name	Time	Date	Pool
50m	Freestyle	18-24	Kristy Davis	28:67	24/04/2014	Palatine - Blackpool	Kristy Davis	30:16	14/06/2013	Plymouth
100m	Freestyle	18-24	Emily Jones	1.03:03	24/10/2014	Ponds Forge - Sheffield	Emily Jones	1.05:26	13/06/2015	Manchester
200m	Freestyle	18-24	Helen Phillips	2.17:28	17/05/2014	Scarborough	Kristy Davis	2.30:63	15/06/2013	Plymouth
400m	Freestyle	18-24	Emily Jones	5.00:02	14/05/2016	John Charles - Leeds	Kristy Davis	5.14:23	15/06/2013	Plymouth
800m	Freestyle	18-24	Charlotte Smith	10.27:02	29/10/2017	Ponds Forge - Sheffield	Kristy Davis	10.53:47	16/06/2013	Plymouth
1500m	Freestyle	18-24	Linda Evans	22.20:74	25/02/2012	Palatine - Blackpool				
50m	Backstroke	18-24	Emily Jones	32:08	24/10/2014	Ponds Forge - Sheffield	Emily Jones	34:01	12/06/2015	Manchester
100m	Backstroke	18-24	Emily Jones	1.10:55	26/10/2014	Ponds Forge - Sheffield				
200m	Backstroke	18-24	Katie Purcell	3.32:95	29/09/2012	Middlesbrough				
50m	Breaststroke	18-24	Emily Jones	36:53	24/10/2015	Ponds Forge - Sheffield	Emily Jones	38:66	13/06/2015	Manchester
100m	Breaststroke	18-24	Emily Jones	1.20:20	23/10/2015	Ponds Forge - Sheffield	Emily Jones	1.23:42	02/04/2016	Ponds Forge - Sheffield
200m	Breaststroke	18-24	Emily Jones	2.58:45	27/10/2017	Ponds Forge - Sheffield	Emily Jones	3.00:75	01/04/2016	Ponds Forge - Sheffield
50m	Butterfly	18-24	Kristy Davis	31:23	14/12/2014	Ponds Forge - Sheffield	Emily Jones	32:91	01/04/2016	Ponds Forge - Sheffield
100m	Butterfly	18-24	Kristy Davis	1.11:50	14/12/2014	Ponds Forge - Sheffield	Katie Purcell	1.36:87	15/06/2013	Plymouth
200m	Butterfly	18-24	Charlotte Smith	2.43:75	29/10/2017	Ponds Forge - Sheffield				
100m	Ind. Medley	18-24	Emily Jones	1.11:84	24/10/2014	Ponds Forge - Sheffield				
200m	Ind. Medley	18-24	Emily Jones	2.34:94	23/10/2015	Ponds Forge - Sheffield	Emily Jones	2.37:61	01/04/2016	Ponds Forge - Sheffield
400m	Ind. Medley	18-24					Katie Purcell	7.09:91	15/06/2013	Plymouth
50m	Freestyle	25-29	Emma Ross	28:15	25/10/2014	Ponds Forge - Sheffield	Katie Purcell	32:40	02/04/2016	Ponds Forge - Sheffield
100m	Freestyle	25-29	Emma Ross	1.00:28	14/12/2014	Ponds Forge - Sheffield	Katie Purcell	1.17:64	13/06/2015	Manchester
200m	Freestyle	25-29	Emma Ross	2.11:37	26/10/2014	Ponds Forge - Sheffield	Katie Purcell	2.45:69	02/04/2016	Ponds Forge - Sheffield
400m	Freestyle	25-29	Emma Ross	4.37:34	25/10/2014	Ponds Forge - Sheffield	Katie Purcell	6.20:96	12/06/2015	Manchester
800m	Freestyle	25-29	Emma Ross	9.59:18	26/10/2014	Ponds Forge - Sheffield	Katie Purcell	13.18:61	12/06/2015	Manchester
1500m	Freestyle	25-29	Rebecca Newman	18.48:52	27/10/2017	Ponds Forge - Sheffield				
50m	Backstroke	25-29	Cat McGuire	39:01	21/11/2010	Ponds Forge - Sheffield	Katie Purcell	42:95	13/06/2015	Manchester
100m	Backstroke	25-29	Emma Ross	1.15:14	09/05/2015	John Charles - Leeds				
200m	Backstroke	25-29								
50m	Breaststroke	25-29	Emma Ross	37:22	09/05/2015	John Charles - Leeds				
100m	Breaststroke	25-29	Emma Ross	1.24:79	17/05/2014	Scarborough				
200m	Breaststroke	25-29								
50m	Butterfly	25-29	Emma Ross	31:05	14/12/2014	Ponds Forge - Sheffield	Katie Purcell	38:73	01/04/2016	Ponds Forge - Sheffield
100m	Butterfly	25-29	Emma Ross	1.09:99	14/12/2014	Ponds Forge - Sheffield	Katie Purcell	1.36:52	12/06/2015	Manchester
200m	Butterfly	25-29	Katy Purcell	3.54:17	24/09/2017	Harrogate				
100m	Ind. Medley	25-29	Emma Ross	1.13:71	17/05/2014	Scarborough				
200m	Ind. Medley	25-29	Emma Ross	2.31:24	09/05/2015	John Charles - Leeds				
400m	Ind. Medley	25-29	Lucy Recchia	5.41:16	28/10/2016	Ponds Forge - Sheffield	Katie Purcell	7.18:53	12/06/2015	Manchester
50m	Freestyle	30-34	Emma Ross	30:30	29/10/2016	Ponds Forge - Sheffield				
100m	Freestyle	30-34	Emma Ross	1.05:10	28/10/2016	Ponds Forge - Sheffield				
200m	Freestyle	30-34	Emma Ross	2.22:20	29/10/2016	Ponds Forge - Sheffield				
400m	Freestyle	30-34	Chrys Spiliopoulou	5.45:97	15/12/2013	Ponds Forge - Sheffield				
800m	Freestyle	30-34	Rachael Stead	15.04:24	26/10/2013	Ponds Forge - Sheffield				
1500m	Freestyle	30-34	Carrine Walker	21.46:13	22/02/2015	Wigan				
50m	Backstroke	30-34	Andrea Jutrzenka	37:76	30/10/2010	Ponds Forge - Sheffield				
100m	Backstroke	30-34	Andrea Jutrzenka	1.23:32	30/10/2010	Ponds Forge - Sheffield	Andrea Jutrzenka	1.25:13	17/06/2011	John Charles - Leeds

Distance	Stroke	Age Gp	Female - Short Course				Female - Long Course				
			Name	Time	Date	Pool	Name	Time	Date	Pool	
200m	Backstroke	30-34									
50m	Breaststroke	30-34	Krystle Baker	37:91	02/02/2013	Clay Cross - Derbyshire					
100m	Breaststroke	30-34	Krystle Baker	1.24:76	02/02/2013	Clay Cross - Derbyshire					
200m	Breaststroke	30-34									
50m	Butterfly	30-34	Emma Ross	34:32	01/10/2016	Leamington Spa					
100m	Butterfly	30-34	Victoria Smith	1.21:48	11/12/2011	Ponds Forge - Sheffield					
200m	Butterfly	30-34									
100m	Ind. Medley	30-34	Andrea Jutrzenka	1.21:51	30/10/2010	Ponds Forge - Sheffield					
200m	Ind. Medley	30-34									
400m	Ind. Medley	30-34									
50m	Freestyle	35-39	Lucy Churm	28:67	29/10/2016	Ponds Forge - Sheffield	Lucy Churm	30:07	29/05/2016	London Aquatics Centre	
100m	Freestyle	35-39	Philippa Rickard	1.05:61	21/11/2010	Ponds Forge - Sheffield	Andrea Jutrzenka	1.10:94	19/06/2011	John Charles - Leeds	
200m	Freestyle	35-39	Philippa Rickard	2.26:33	30/10/2010	Ponds Forge - Sheffield					
400m	Freestyle	35-39	Philippa Rickard	5.10:15	30/10/2010	Ponds Forge - Sheffield					
800m	Freestyle	35-39	Karen Dawson	12.07:02	22/01/2015	Wigan					
1500m	Freestyle	35-39									
50m	Backstroke	35-39	Lucy Churm	33:40	13/03/2016	Billingham	Lucy Churm	35:30	27/05/2016	London Aquatics Centre	
100m	Backstroke	35-39	Philippa Rickard	1.17:16	18/09/2010	Durham					
200m	Backstroke	35-39									
50m	Breaststroke	35-39	Lucy Churm	37:28	29/10/2016	Ponds Forge - Sheffield	Lisa Stansbie	43:77	19/06/2011	John Charles - Leeds	
100m	Breaststroke	35-39	Sally Evers	1.25:70	17/05/2014	Scarborough	Lisa Stansbie	1.39:14	18/06/2011	John Charles - Leeds	
200m	Breaststroke	35-39									
50m	Butterfly	35-39	Lucy Churm	31:15	28/10/2016	Ponds Forge - Sheffield	Lucy Churm	33:80	28/05/2016	London Aquatics Centre	
100m	Butterfly	35-39	Andrea Jutrzenka	1.22:70	30/06/2013	Durham					
200m	Butterfly	35-39									
100m	Ind. Medley	35-39	Lucy Churm	1.13:30	30/10/2016	Ponds Forge - Sheffield					
200m	Ind. Medley	35-39	Andrea Jutrzenka	2.51:42	26/10/2012	Ponds Forge - Sheffield	Andrea Jutrzenka	3.00:02	18/06/2011	John Charles - Leeds	
400m	Ind. Medley	35-39									
50m	Freestyle	40-44	Nina Williams	27:39	25/10/2014	Ponds Forge - Sheffield	Nina Williams	29:00	14/06/2014	Swansea	
100m	Freestyle	40-44	Nina Williams	1.00:18	24/10/2014	Ponds Forge - Sheffield	Nina Williams	1.02:56	13/06/2014	Swansea	
200m	Freestyle	40-44	Kirsten Cameron	2.07:42	12/09/2014	St Brelade - Jersey	Kirsten Cameron	2.09:05	13/06/2015	Manchester	
400m	Freestyle	40-44	Kirsten Cameron	4.24:42	13/09/2014	St Brelade - Jersey	Kirsten Cameron	4.28:24	14/06/2015	Manchester	
800m	Freestyle	40-44	Kirsten Cameron	8.55:34	24/01/2016	Papendrecht - Holland	Kirsten Cameron	9.06:86	12/06/2015	Manchester	
1500m	Freestyle	40-44	Kirsten Cameron	17.01:66	22/02/2015	Wigan	Kirsten Cameron	17.31:51	10/05/2015	Eindhoven - Holland	
50m	Backstroke	40-44	Philippa Rickard	34:86	11/04/2015	Palatine - Blackpool	Philippa Rickard	36:49	15/06/2013	Plymouth	
100m	Backstroke	40-44	Philippa Rickard	1.15:57	12/04/2014	Palatine - Blackpool	Philippa Rickard	1.19:15	14/06/2014	Swansea	
200m	Backstroke	40-44									
50m	Breaststroke	40-44	Lisa Dobson	36:24	15/11/2014	John Charles - Leeds	Karen Dawson	44:99	26/05/2016	London Aquatics Centre	
100m	Breaststroke	40-44	Lisa Dobson	1.19:99	15/12/2013	Ponds Forge - Sheffield					
200m	Breaststroke	40-44	Fione Harris	3.26:31	29/09/2012	Middlesbrough					
50m	Butterfly	40-44	Philippa Rickard	29:99	24/04/2015	Tollcross - Glasgow	Philippa Rickard	30:68	13/06/2015	Manchester	
100m	Butterfly	40-44	Philippa Rickard	1.07:28	25/10/2014	Ponds Forge - Sheffield	Philippa Rickard	1.09:50	12/06/2015	Manchester	
200m	Butterfly	40-44	Philippa Rickard	2.41:94	25/04/2015	Tollcross - Glasgow					
100m	Ind. Medley	40-44	Philippa Rickard	1.11:82	24/10/2014	Ponds Forge - Sheffield					

Distance	Stroke	Age Gp	Female - Short Course				Female - Long Course			
			Name	Time	Date	Pool	Name	Time	Date	Pool
200m	Ind. Medley	40-44	Kirsten Cameron	2.39:95	16/09/2016	St Brelade - Jersey				
400m	Ind. Medley	40-44								
50m	Freestyle	45-49	Nina Williams	27:46	25/04/2015	Tollcross - Glasgow	Nina Williams	28:59	14/06/2015	Manchester
100m	Freestyle	45-49	Nina Williams	1.00:56	24/04/2015	Tollcross - Glasgow	Nina Williams	1.03:18	13/06/2015	Manchester
200m	Freestyle	45-49	Nina Williams	2.16:04	25/04/2015	Tollcross - Glasgow	Nina Williams	2.23:10	16/08/2017	Budapest
400m	Freestyle	45-49	Philippa Rickard	4.47:50	20/02/2016	Blackpool	Philippa Rickard	4.58:80	03/04/2016	Ponds Forge - Sheffield
800m	Freestyle	45-49	Philippa Rickard	9.52:31	30/10/2016	Ponds Forge - Sheffield	Philippa Rickard	10.18:37	01/04/2016	Ponds Forge - Sheffield
1500m	Freestyle	45-49	Philippa Rickard	18.57:75	20/02/2016	Blackpool				
50m	Backstroke	45-49	Philippa Rickard	35:13	13/03/2016	Billingham				
100m	Backstroke	45-49	Philippa Rickard	1.15:99	26/11/2016	Alfreton				
200m	Backstroke	45-49								
50m	Breaststroke	45-49	Lisa Dobson	37:05	09/05/2015	John Charles - Leeds				
100m	Breaststroke	45-49	Lisa Dobson	1.19:62	09/05/2015	John Charles - Leeds				
200m	Breaststroke	45-49								
50m	Butterfly	45-49	Philippa Rickard	30:49	28/10/2016	Ponds Forge - Sheffield	Philippa Rickard	31:20	28/05/2016	London Aquatics Centre
100m	Butterfly	45-49	Philippa Rickard	1.07:52	30/10/2016	Ponds Forge - Sheffield	Philippa Rickard	1.11:66	02/04/2016	Ponds Forge - Sheffield
200m	Butterfly	45-49								
100m	Ind. Medley	45-49	Philippa Rickard	1.14:01	14/05/2016	John Charles - Leeds				
200m	Ind. Medley	45-49	Philippa Rickard	2.39:09	14/05/2016	John Charles - Leeds				
400m	Ind. Medley	45-49								
50m	Freestyle	50-54	Julie Hoyle	29:34	11/04/2015	Palatine - Blackpool	Karen Graham	29:85	17/06/2017	Aberdeen
100m	Freestyle	50-54	Karen Graham	1.03:47	29/10/2017	Ponds Forge - Sheffield	Karen Graham	1.04:09	17/06/2017	Aberdeen
200m	Freestyle	50-54	Karen Graham	2.14:72	29/10/2016	Ponds Forge - Sheffield	Karen Graham	2.18:77	16/06/2017	Aberdeen
400m	Freestyle	50-54	Karen Graham	4.49:91	29/10/2016	Ponds Forge - Sheffield	Karen Graham	4.58:38	07/06/2017	Aberdeen
800m	Freestyle	50-54	Karen Graham	10.08:35	19/02/2017	Blackpool	Karen Graham	10.23:61	25/05/2016	London Aquatics Centre
1500m	Freestyle	50-54	Jayne Dresser	24.10:79	23/10/2015	Ponds Forge - Sheffield				
50m	Backstroke	50-54	Julie Hoyle	32:87	03/10/2015	Llandudno	Julie Hoyle	34:42	03/04/2016	Ponds Forge - Sheffield
100m	Backstroke	50-54	Julie Hoyle	1.11:89	25/10/2015	Ponds Forge - Sheffield	Julie Hoyle	1.14:53	14/06/2015	Manchester
200m	Backstroke	50-54	Julie Hoyle	2.37:34	24/04/2015	Tollcross - Glasgow	Julie Hoyle	2.43:18	12/06/2015	Manchester
50m	Breaststroke	50-54	Julie Hoyle	38:62	09/05/2015	John Charles - Leeds	Karen Graham	39:33	16/06/2017	Aberdeen
100m	Breaststroke	50-54	Karen Graham	1.28:21	13/05/2017	John Charles - Leeds				
200m	Breaststroke	50-54								
50m	Butterfly	50-54	Julie Hoyle	32:14	25/10/2015	Ponds Forge - Sheffield	Karen Graham	33:77	31/01/2015	Crawley
100m	Butterfly	50-54	Julie Hoyle	1.15:38	22/11/2015	Ponds Forge - Sheffield				
200m	Butterfly	50-54								
100m	Ind. Medley	50-54	Julie Hoyle	1.12:99	27/09/2015	Harrogate				
200m	Ind. Medley	50-54	Julie Hoyle	2.40:02	11/07/2015	Palatine - Blackpool				
400m	Ind. Medley	50-54								
50m	Freestyle	55-59	Julie Hoyle	30:71	24/09/2017	Harrogate				
100m	Freestyle	55-59								
200m	Freestyle	55-59					Julie Hoyle	2.28:62	21/10/2017	Crawley
400m	Freestyle	55-59	Julie Hoyle	5.06:83	19/02/2017	Blackpool				
800m	Freestyle	55-59								
1500m	Freestyle	55-59								

Distance	Stroke	Age Gp	Female - Short Course				Female - Long Course			
			Name	Time	Date	Pool	Name	Time	Date	Pool
50m	Backstroke	55-59	Julie Hoyle	33:37	28/10/2017	Ponds Forge - Sheffield	Julie Hoyle	34:11	22/01/2017	Crawley
100m	Backstroke	55-59	Julie Hoyle	1.12:64	19/02/2017	Blackpool	Julie Hoyle	1.15:51	22/01/2017	Crawley
200m	Backstroke	55-59	Julie Hoyle	2.40:92	28/10/2017	Ponds Forge - Sheffield	Julie Hoyle	2.46:16	22/01/2017	Crawley
50m	Breaststroke	55-59								
100m	Breaststroke	55-59								
200m	Breaststroke	55-59								
50m	Butterfly	55-59								
100m	Butterfly	55-59								
200m	Butterfly	55-59								
100m	Ind. Medley	55-59	Julie Hoyle	1.13:77	19/02/2017	Blackpool				
200m	Ind. Medley	55-59								
400m	Ind. Medley	55-59								
50m	Freestyle	60-64	Gail Daffern	44:28	25/10/2014	Ponds Forge - Sheffield	Gail Daffern	45:73	14/06/2014	Swansea
100m	Freestyle	60-64	Gail Daffern	1.41:63	24/10/2014	Ponds Forge - Sheffield	Gail Daffern	1.47:65	13/06/2014	Swansea
200m	Freestyle	60-64	Gail Daffern	3.43:54	26/10/2014	Ponds Forge - Sheffield				
400m	Freestyle	60-64	Gail Daffern	7.54:19	29/06/2014	Durham				
800m	Freestyle	60-64					Gail Daffern	16.20:33	12/06/2015	Manchester
1500m	Freestyle	60-64								
50m	Backstroke	60-64	Hilary Crick	57:85	26/10/2013	Ponds Forge - Sheffield				
100m	Backstroke	60-64	Hilary Crick	1.56:34	30/06/2013	Durham				
200m	Backstroke	60-64	Hilary Crick	3.52:17	26/10/2013	Ponds Forge - Sheffield				
50m	Breaststroke	60-64	Hilary Crick	48:86	15/12/2013	Ponds Forge - Sheffield	Gail Daffern	53:42	14/06/2014	Swansea
100m	Breaststroke	60-64	Hilary Crick	1.48:77	15/12/2013	Ponds Forge - Sheffield	Gail Daffern	1.57:55	15/06/2014	Swansea
200m	Breaststroke	60-64	Gail Daffern	4.05:91	24/10/2014	Ponds Forge - Sheffield	Gail Daffern	4.11:53	14/06/2014	Swansea
50m	Butterfly	60-64	Hilary Crick	58:87	26/10/2013	Ponds Forge - Sheffield				
100m	Butterfly	60-64	Hilary Crick	2.13:83	27/10/2013	Ponds Forge - Sheffield				
200m	Butterfly	60-64								
100m	Ind. Medley	60-64	Hilary Crick	1.47:14	15/12/2013	Ponds Forge - Sheffield				
200m	Ind. Medley	60-64	Hilary Crick	4.02:13	26/10/2013	Ponds Forge - Sheffield				
400m	Ind. Medley	60-64	Hilary Crick	8.17:18	27/10/2013	Ponds Forge - Sheffield				
50m	Freestyle	65-69	Gail Daffern	43:72	09/05/2015	John Charles - Leeds	Gail Daffern	44:09	14/06/2015	Manchester
100m	Freestyle	65-69	Gail Daffern	1.38:55	22/04/2016	Aberdeen	Gail Daffern	1.45:65	17/06/2017	Aberdeen
200m	Freestyle	65-69	Hilary Crick	3.36:93	13/05/2017	John Charles - Leeds	Hilary Crick	3.38:30	17/06/2017	Aberdeen
400m	Freestyle	65-69	Hilary Crick	7.12:11	13/05/2017	John Charles - Leeds	Hilary Crick	7.19:04	17/06/2017	Aberdeen
800m	Freestyle	65-69	Gail Daffern	15.24:86	22/04/2016	Aberdeen	Gail Daffern	16.08:78	01/04/2016	Ponds Forge - Sheffield
1500m	Freestyle	65-69					Gail Daffern	31.03.56	16/06/2017	Aberdeen
50m	Backstroke	65-69	Hilary Crick	50:42	30/10/2016	Ponds Forge - Sheffield	Hilary Crick	51:00	13/06/2015	Manchester
100m	Backstroke	65-69	Hilary Crick	1.45:81	26/10/2014	Ponds Forge - Sheffield	Hilary Crick	1.47:35	01/04/2016	Ponds Forge - Sheffield
200m	Backstroke	65-69	Hilary Crick	3.38:42	13/03/2016	Billingham	Hilary Crick	3.41:60	28/05/2016	London Aquatics Centre
50m	Breaststroke	65-69	Hilary Crick	48:15	24/10/2015	Ponds Forge - Sheffield	Hilary Crick	48:72	03/04/2016	Ponds Forge - Sheffield
100m	Breaststroke	65-69	Hilary Crick	1.46:27	20/09/2014	South Shields	Hilary Crick	1.52:74	02/04/2016	Ponds Forge - Sheffield
200m	Breaststroke	65-69	Hilary Crick	4.02:85	24/10/2014	Ponds Forge - Sheffield	Gail Daffern	4.08:30	14/06/2015	Manchester
50m	Butterfly	65-69	Hilary Crick	51:86	09/05/2015	John Charles - Leeds	Hilary Crick	54:55	13/06/2015	Manchester
100m	Butterfly	65-69								

Distance	Stroke	Age Gp	Female - Short Course				Female - Long Course			
			Name	Time	Date	Pool	Name	Time	Date	Pool
200m	Butterfly	65-69								
100m	Ind. Medley	65-69	Hilary Crick	1.46:64	24/10/2014	Ponds Forge - Sheffield				
200m	Ind. Medley	65-69	Hilary Crick	3.55:19	13/05/2017	John Charles - Leeds	Hilary Crick	3.51:90	01/04/2016	Ponds Forge - Sheffield
400m	Ind. Medley	65-69								
50m	Freestyle	70-74								
100m	Freestyle	70-74								
200m	Freestyle	70-74								
400m	Freestyle	70-74								
800m	Freestyle	70-74								
1500m	Freestyle	70-74								
50m	Backstroke	70-74								
100m	Backstroke	70-74								
200m	Backstroke	70-74								
50m	Breaststroke	70-74								
100m	Breaststroke	70-74								
200m	Breaststroke	70-74								
50m	Butterfly	70-74								
100m	Butterfly	70-74								
200m	Butterfly	70-74								
100m	Ind. Medley	70-74								
200m	Ind. Medley	70-74								
400m	Ind. Medley	70-74								
50m	Freestyle	75-79								
100m	Freestyle	75-79								
200m	Freestyle	75-79								
400m	Freestyle	75-79								
800m	Freestyle	75-79								
1500m	Freestyle	75-79								
50m	Backstroke	75-79								
100m	Backstroke	75-79								
200m	Backstroke	75-79								
50m	Breaststroke	75-79								
100m	Breaststroke	75-79								
200m	Breaststroke	75-79								
50m	Butterfly	75-79								
100m	Butterfly	75-79								
200m	Butterfly	75-79								
100m	Ind. Medley	75-79								
200m	Ind. Medley	75-79								
400m	Ind. Medley	75-79								
50m	Freestyle	80-84								
100m	Freestyle	80-84								
200m	Freestyle	80-84								
400m	Freestyle	80-84								

# Club Records

Distance	Stroke	Age Gp	Female - Short Course				Female - Long Course			
			Name	Time	Date	Pool	Name	Time	Date	Pool
800m	Freestyle	80-84								
1500m	Freestyle	80-84								
50m	Backstroke	80-84								
100m	Backstroke	80-84								
200m	Backstroke	80-84								
50m	Breaststroke	80-84								
100m	Breaststroke	80-84								
200m	Breaststroke	80-84								
50m	Butterfly	80-84								
100m	Butterfly	80-84								
200m	Butterfly	80-84								
100m	Ind. Medley	80-84								
200m	Ind. Medley	80-84								
400m	Ind. Medley	80-84								
50m	Freestyle	85-89								
100m	Freestyle	85-89								
200m	Freestyle	85-89								
400m	Freestyle	85-89								
800m	Freestyle	85-89								
1500m	Freestyle	85-89								
50m	Backstroke	85-89								
100m	Backstroke	85-89								
200m	Backstroke	85-89								
50m	Breaststroke	85-89								
100m	Breaststroke	85-89								
200m	Breaststroke	85-89								
50m	Butterfly	85-89								
100m	Butterfly	85-89								
200m	Butterfly	85-89								
100m	Ind. Medley	85-89								
200m	Ind. Medley	85-89								
400m	Ind. Medley	85-89								